



National Nutrient Database for Standard Reference
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Statistics Report 09006, Apples, raw, without skin, cooked, microwave

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.63	--	0.115	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	234	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.28	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.42	--	0.067	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.26	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	14.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	11.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Minerals													
Calcium, Ca	mg	5	--	0.386	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.17	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	3	--	0.399	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	8	--	0.531	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	93	--	2.222	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	--	0.218	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.04	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.046	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.142	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.3	--	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.017	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.011	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.061	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.046	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.046	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	1	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	09003	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	2	--	0.535	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Cryptoxanthin, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Vitamin A, IU	IU	40	--	10.694	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Lutein + zeaxanthin	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	09004	11/2002
Lipids													
Fatty acids, total saturated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Threonine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Isoleucine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Leucine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Lysine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Methionine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Cystine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Phenylalanine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tyrosine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Arginine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Histidine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Alanine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Aspartic acid	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Glutamic acid	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Glycine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Proline	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Serine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002